Read your A1C result

Use these steps to turn an A1C result into a number you can discuss with your doctor.

- [ ] Find your A1C percentage on the lab report.
- [ ] Multiply the A1C by 28.7 and subtract 46.7 to estimate average glucose.
- [ ] Divide the mg/dL result by 18 to get mmol/L.
- [ ] Compare the A1C with the bands: below 5.7, 5.7 to 6.4, and 6.5 or above.
- [ ] Ask your doctor for your own A1C target if you have diabetes.
- [ ] Mention anemia, kidney or liver disease, or pregnancy before the test.
- [ ] Ask about a second test when a result is in the diabetes range.
- [ ] Keep a log of meter readings to share at the visit.

Notes

For general education only. Not a substitute for professional medical advice.